




TRIKA MEDICAL INC.

BREATHE RIGHT. SLEEP THROUGH THE NIGHT

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Home Sleep Test Instructions

An appointment will be scheduled for you to come into our office to pick up your home sleep test equipment. You will be shown how to set up the device and apply the equipment, then you will take the equipment home and when you get ready for bed you will apply the equipment and start the test, equipment needs to be returned the next day.

- 1.** Fasten the Nox Device to the shirt.
- 2.** Attach the thorax belt to the device. (over the shirt)
- 3.** Attach the abdomen cable to the device. (over the shirt)
- 4.** Put on the wrist pulse oximeter and tape the device around the finger so it is secure throughout the night. Make sure the screen comes on showing your oxygen level and pulse.
- 5.** Put on the nasal cannula.
- 6.** Push the middle button to turn the Nox Device on.
- 7.** Hold middle button down to start recording.
- 8.** When you wake up in the morning, hold middle button down to end the recording and remove the equipment.
- 9.** Return your home sleep test equipment to our office so we can download the sleep study.